

# Healthy, Easy And Quick Breakfast Ever! – Instant Upma Mix



When hunger strikes and you don't have time to cook or the energy to stand and prepare a meal, just add some boiling water and this upma is ready to eat. In a matter of minutes, you'll have an instant Upma Mix that's ready to eat. Rava upma mix is a must-have when traveling or camping during the summer.

## Benefits Of Eating Instant Upma In Breakfast

1. Fiber-rich, dietary fiber-rich, and gluten-free breakfast.
2. There are no preservatives in this product, and it is made entirely of Sooji.
3. Iron, vitamins, minerals, and micro nutrients are fruitful.
4. Beneficial to bone health, digestive health, and weight loss.

## Ingredients Present In Instant Upma Mix

- 2 and a half cups coarse **Sooji** or Rava
- 1 teaspoon chana dal
- 1 teaspoon urad dal

- 5-6 dried whole red chilies
- 1 tablespoon cumin seeds
- 1 tablespoon mustard seeds
- a pinch of asafetida
- 5-6 curry leaves
- 2 chopped green chilies
- 4 tablespoons **Ground Nuts**
- 4 tbsp desi ghee (or edible oils for a vegan option)
- Seasoning with salt to taste and other Powdered Spices like black pepper and red chilli

BuddyBasket is offering the best brands in Instant Upma mix like **MTR Upma Mix** , **Gits Upma Mix**, **Elite Upma Mix**, **Priya Upma Mix**, **Aachi Upma Mix** and **MOM Ready to Eat Veggie Upma**. Even if you want to make Upma at home , we have products like Red Chillies, Ground Nuts, Sooji, Rava and frozen vegetables. We have everything in stock !!!

## Instructions To Prepare Instant Upma On Stove/Gas

1. Boil two cups of water for one cup of upma and stir in the instant upma mix.
2. Cook for a minute after stirring. Serve right away.
3. You can add ghee from above before serving to make it tastier. (optional)

## Microwave Upma Preparation Instructions

1. In a microwave-safe dish (glass bowl covered with a lid), combine 1 cup instant upma mix and 2.5 cups water.
2. Microwave on high for 4 minutes. It varies from microwave to microwave(900 w is common. Upma is ready in an instant.

## Nutrition Amounts Present In Instant Upma Mix

1. Calories: 305kcal
2. Carbohydrates: 44g
3. Protein: 10g
4. Fat: 12g
5. Saturated Fat: 15g
6. Sodium: 626mg
7. Calcium: 41mg
8. Iron: 1.8mg

## Making Instant Upma Mix: Tips And Variations

You can also make upma by combining this instant mix with water and adding vegetables.

- You can also roast Ground Nuts and Rava separately. Then add them to the tempering, or use pre-roasted rava from the store. It aids in time savings.

- This instant upma mix can be kept at room temperature for 2 weeks and in the refrigerator for up to 4 months.
- You can easily store these in a ziplock bag and use them on a vacation/trip or while camping.

## Frequently Asked Questions

### **Is instant upma mix a healthy breakfast option?**

If you want to lose weight quickly, upma should be your go-to breakfast. Instant upma mix includes fiber, vitamins, and nutritious fats. This product is low in cholesterol and calories, making it a nutritious meal that contributes to a well-balanced diet. Upma is made with Sooji/Rava and is high in iron.

### **Is Instant Upma Mix tasty?**

The nutritional composition of these meals is a major source of concern. Unfortunately, most ready-to-eat meals are high in energy, saturated fats, and sodium, fiber full and micro-nutrients.